

# Using a Peak Flow Meter

A peak flow meter measures how well you are breathing. You can use it to find out if your airways are getting tighter. It works even before you have signs of a flare-up, like coughing or wheezing.

## How to Use a Peak Flow Meter

Follow these steps to use a peak flow meter.

- 1**
  - Slide the marker to 0.
  - Stand up.
  - Hold the meter in one hand. Keep your fingers away from the numbers.
- 2**
  - Take a big breath with your mouth open.
  - Quickly close your lips around the tube. Do not put your tongue in the hole.
  - Blow once, as fast and as hard as you can.
- 3**
  - Take the meter out of your mouth.
  - Find the number where the marker stopped.
  - Mark this number on your peak flow tracking sheet.
- 4**
  - Slide the marker back to 0.
  - Do the test 2 more times.
  - Mark each number on your peak flow tracking sheet.
  - Then circle the highest number. This is your peak flow number today.

